

SIERRA WELLNESS CENTER

February 2013 Join us for FREE & FUN activities!

SUN	MON		TUES	WED		THUR	FRI		SAT
								1	2
							Writing Down The Bones 1:30pm-2:30pm Club House Live 2:45pm – 5:00pm		DESCRIPTION OF EACH ACTIVITY IS ON THE BACK
3		4	5		6	7		8	9
	Relapse Prevention 12:00 – 1:00pm Club House Live 2:45pm – 5:00pm Open Door 1:00pm-2:30pm		HSP Support Group 1:30pm - 3:00pm Yin Yoga 3:00pm-4:00pm Living Stress Free & Making Positive Choices 4:00pm-5:00pm	Club House Live 2:45pm – 5:00pm Open Door 1:00pm-2:30pm		Open Door 1:00pm-3:00pm	Club House Live 2:45pm – 5:00pm		
10		11	12		13	14		15	16
	Relapse Prevention 12:00 – 1:00pm Club House Live 2:45pm – 5:00pm		HSP Support Group 1:30pm - 3:00pm Yin Yoga 3:00pm-4:00pm Living Stress Free & Making Positive Choices 4:00pm-5:00pm	Club House Live 2:45pm – 5:00pm			Writing Down The Bones 1:30pm-2:30pm Club House Live 2:45pm – 5:00pm		
17		18	19		20	21		22	23
	Club House Live 2:45pm – 5:00pm		HSP Support Group 1:30pm - 3:00pm Yin Yoga 3:00pm-4:00pm Living Stress Free & Making Positive Choices 4:00pm-5:00pm	Club House Live 2:45pm – 5:00pm		Dinner With Friends 5:00pm- 6:30pm	Club House Live 2:45pm – 5:00pm		
24		25	26		27	28			
A service of Mono County Behavioral Health and Proposition 63.	Relapse Prevention 12:00 – 1:00pm Club House Live 2:45pm – 5:00pm		HSP Support Group 1:30pm-3:00pm Yin Yoga 3:00pm-4:00pm Living Stress Free & Making Positive Choices 4:00pm-5:00pm	Club House Live 2:45pm – 5:00pm					

Our address is 452 Old Mammoth Rd. and is located on the second floor of the Sierra Center Mall. Our phone number is (760) 924-1757